

New Mexico State 4-H Home Economics Skill-A-Thon Resource List

Classes Completed as an Individual:

1. Sewing/Clothing related ID:
*Sewing/Clothing ID List**: Home Ec Skill-A-Thon Study Guide

2. Interior Design/Housing related ID:
*Interior Design/Housing ID List**: Home Ec Skill-A-Thon Study Guide

3. Food/Cooking related ID:
*Food/Cooking ID List**: Home Ec Skill-A-Thon Study Guide

4. Consumer Judging Class:
Senior Consumer Contest Guide: NMSU 4-H Contest Guide

5. Food & Nutrition Judging:
Young Persons Guide to Good Food: NMSU Extension Publication E-112
Storing Food Safely: NMSU Extension Publication E-118
Nutrition Labels: NMSU Extension Publication E-136
Keeping Food Safe: NMSU Extension Publication E-508
Foods for the Future Unit II: NMSU 4-H Project 7403

6. Financial Management Scenario:
How Do You Rate as a Money Manager: NMSU Extension Publication G-219
Write Checks the Right Way: NMSU Extension Publication G-220
Common Mistakes in Money Management: NMSU Extension Publication G-252
Managing Your Families Money: NMSU Extension Publication G-258
Household Inventory: NMSU Extension Publication G-532

7. Written Quiz:
www.usda.gov/FoodAndNutrition/
Careers & Public Policy: www.aafcs.org
Monster Career Advice: <http://content.monster.com/>
Integrating the Internet into the Home and Career Skills Classroom:
<http://csis.pace.edu/schools/nr/creagan/documentframe.html>

* A list of items for each ID class is provided in the study guide. Participants are responsible for researching items and being familiar with variations and potential uses.

Classes Completed as a Team:

1. Life Skills Assessment:
Keeping Food Safe: NMSU Extension Publication E-508
Healthy Indoor Air: NMSU Extension Publication G-108
Selection and Use of Home Cleaning Products: NMSU Extension Publication G-304
Make a Good Impression: TAMU Extension Publication L-2364
Getting Along with People on the Job: TAMU Extension Publication L-2367